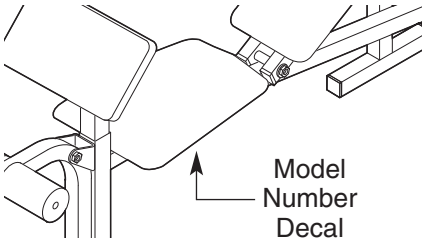
WEIDER® 234

Model No. WEEVBE37220
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

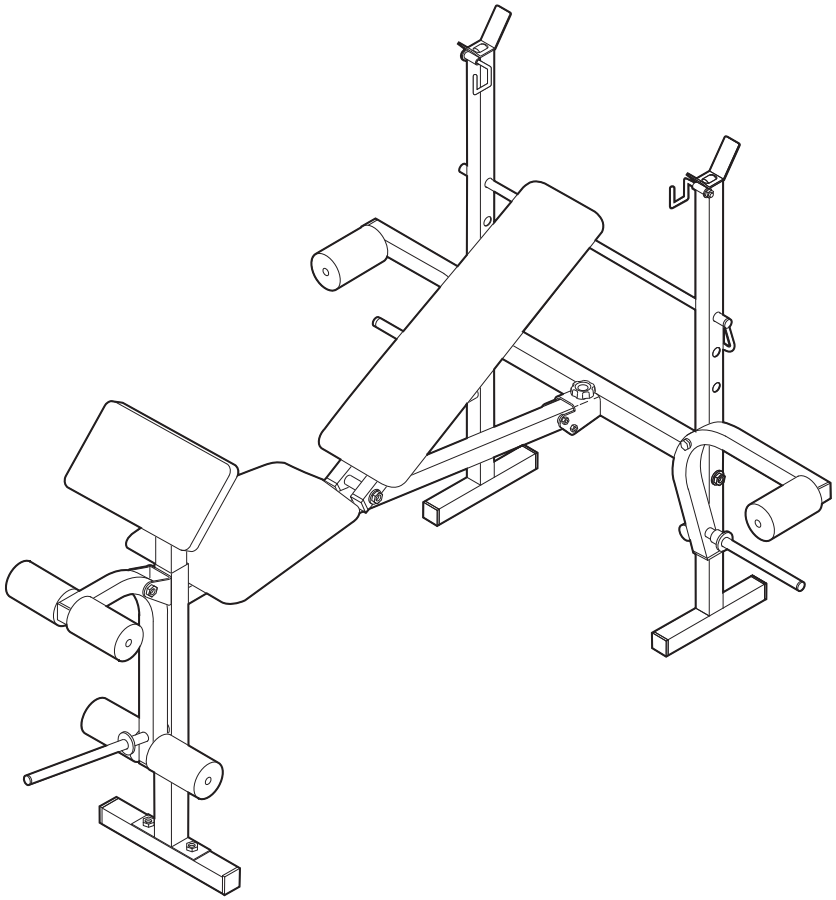
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WEIDER® 234

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
ADJUSTMENTS 10
ORDERING REPLACEMENT PARTS . . . . . .Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 136 kg (300 lbs.), and a maximum total weight of 186 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 14 kg (30 lbs.) on each fly arm. Do not place more than 23 kg (50 lbs.) on the leg lever. Note: The weight bench does not include a barbell or weights.
10. When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.
11. Always make sure there is an equal amount of weight on each side of your barbell when you are using it.
12. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
13. Do not use a barbell that is longer than 1.5 m (5 ft.) with the weight bench.
14. When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decals shown below have been placed on the weight bench in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department toll-free at 08457 089 009 and order a free replacement decal. Apply the replacement decal to the location shown.

WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Decal 1

Decal 2

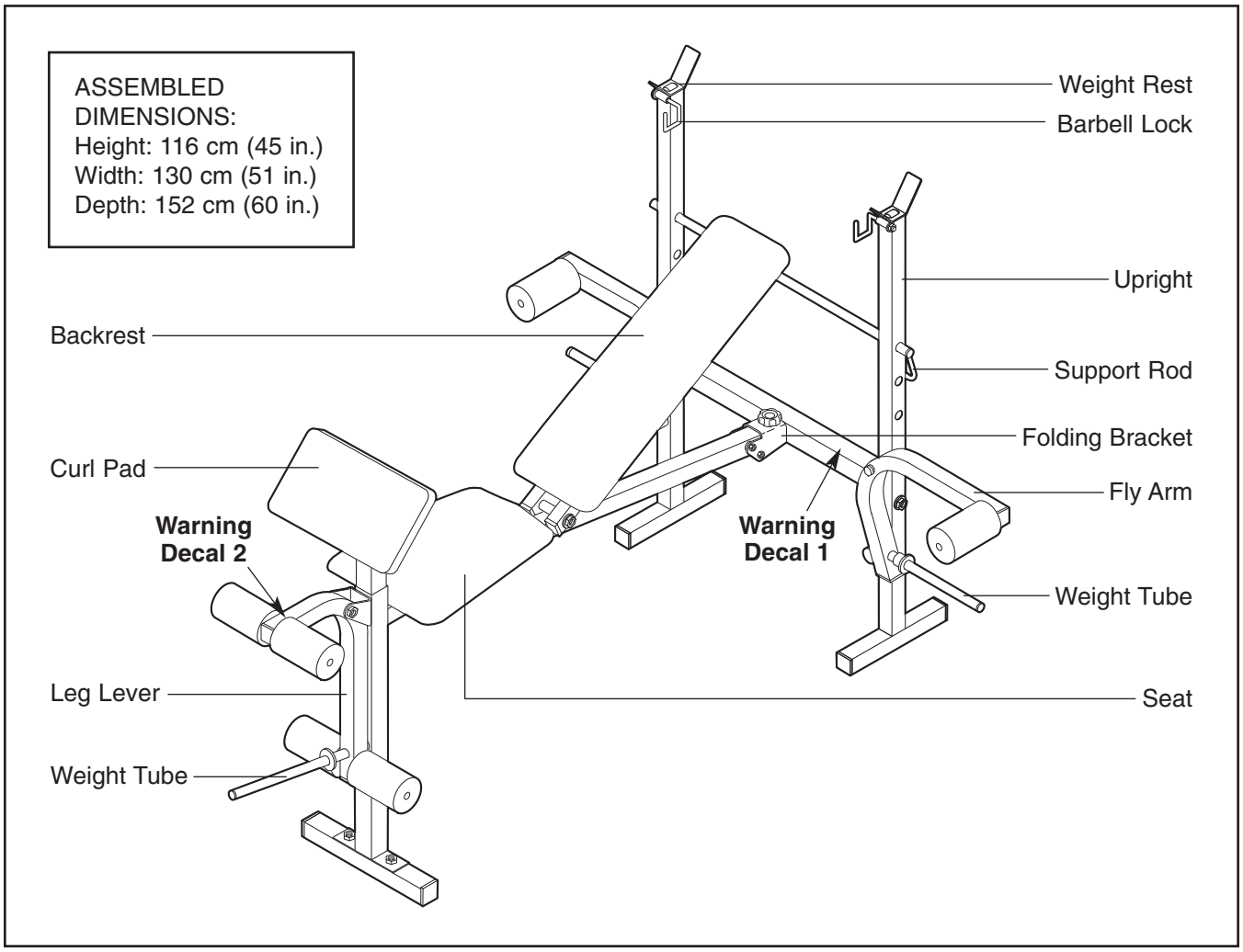
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 234 weight bench. The versatile WEIDER® 234 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 234 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number before calling. The model number is WEEVBE37220. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual.)

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



ASSEMBLY

Make Things Easier for Yourself

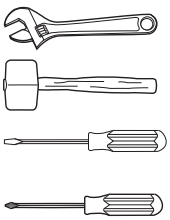
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- **For help identifying small parts, refer to the PART IDENTIFICATION CHART.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**



Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

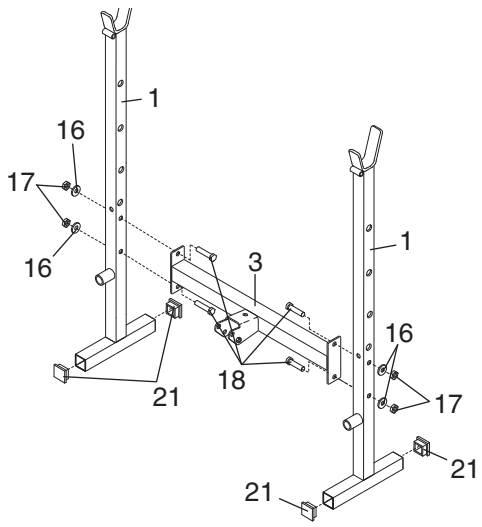
   Tap two 38mm Square Inner Caps (21) into each Upright (1).

   Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**

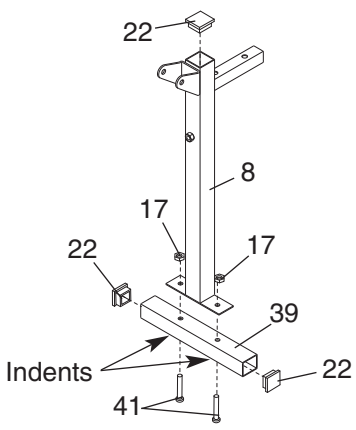
2. Tap three 30mm Square Inner Caps (22) into the Front Leg (8) and the Stabiliser (39).

   Attach the Front Leg (8) to the Stabiliser (39) with two M8 x 40mm Carriage Bolts (41) and two M8 Nylon Locknuts (17). **Note: The indents around the holes on one side of the Stabiliser must be on the bottom. Do not tighten the Locknuts yet.**

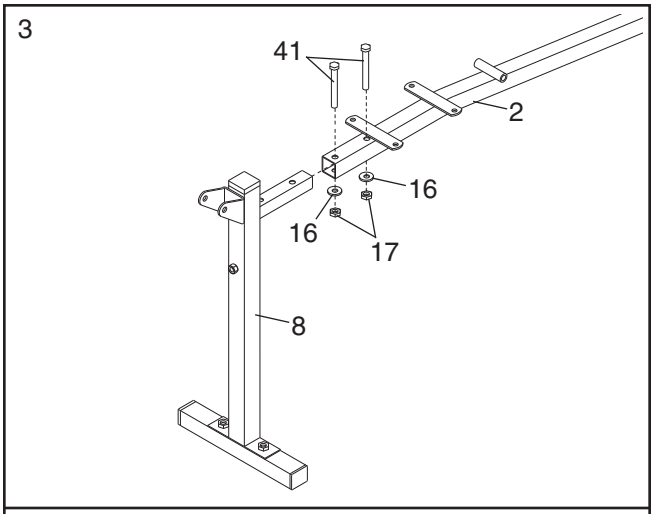
1



2

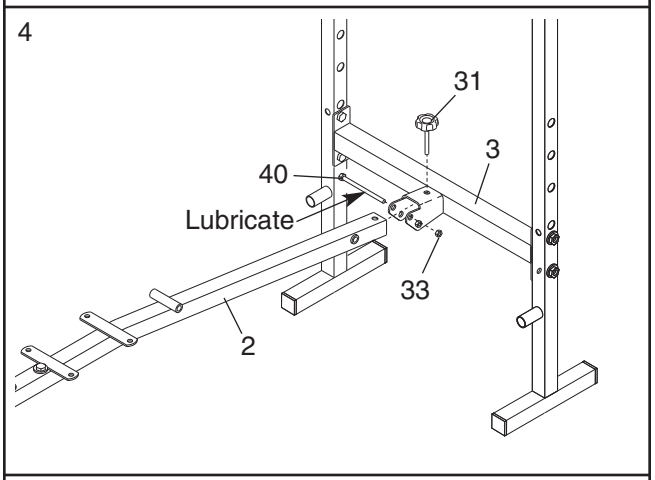


3. Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Carriage Bolts (41), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**



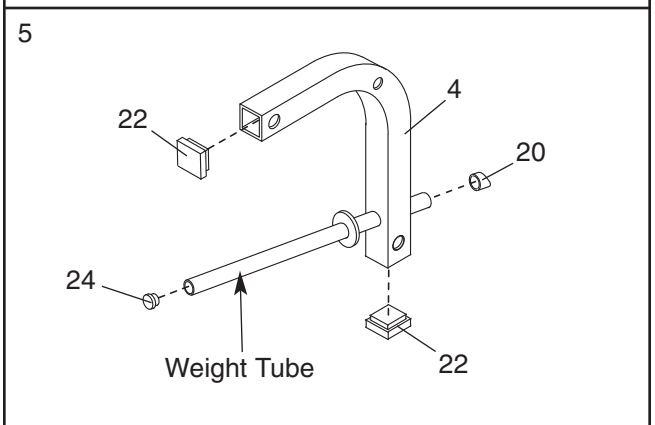
4. Lubricate an M10 x 55mm Bolt (40) with grease. Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Frame must be able to pivot easily.**

   Tighten the Long Adjustment Knob (31) into the Crossbar (3) and the Frame (2).

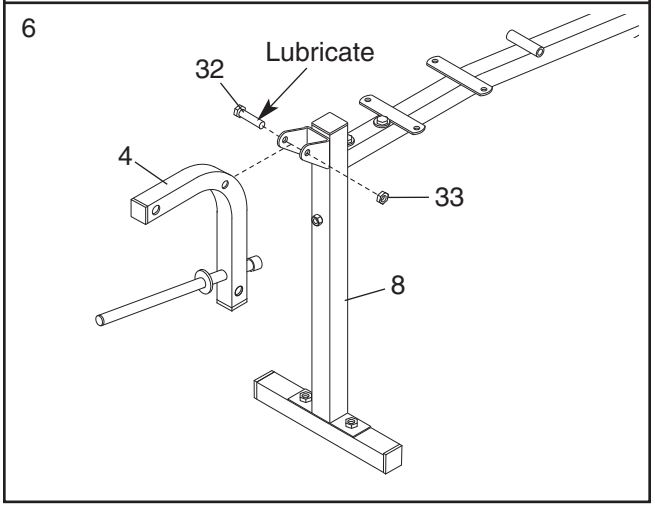


5. Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

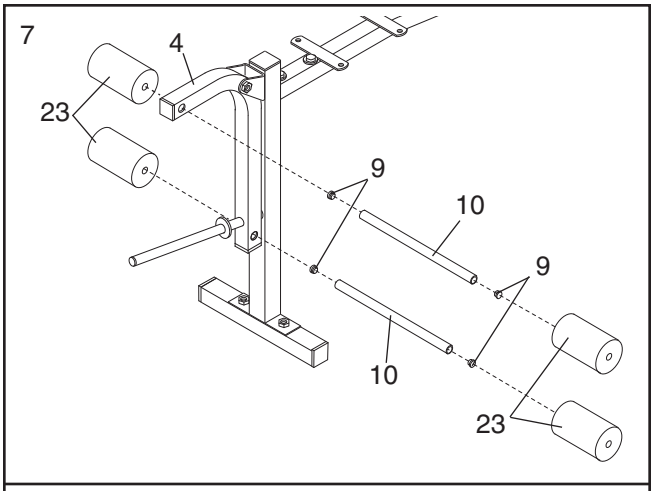
   Tap a 25mm Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 25mm Round Angled Cap (20) onto the other end of the weight tube.



6. Lubricate the M10 x 63mm Bolt (32) with grease. Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Note: Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

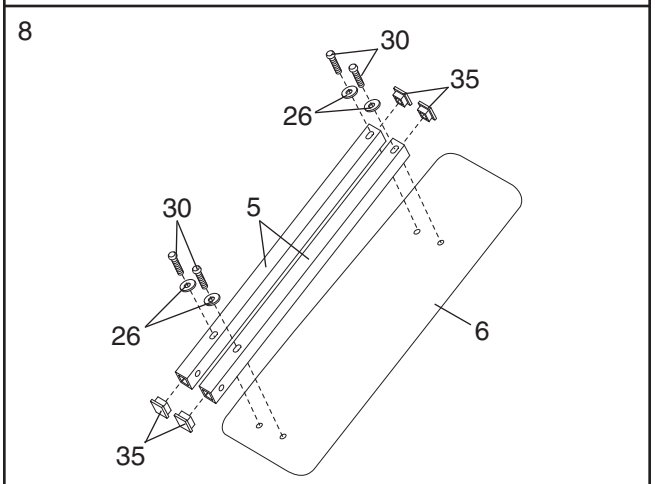


7. Tap two 19mm Round Inner Caps (9) into each Long Pad Tube (10). Insert the Long Pad Tubes into the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Long Pad Tube.



8. Tap two 25mm Square Inner Caps (35) into each of the two Backrest Tubes (5).

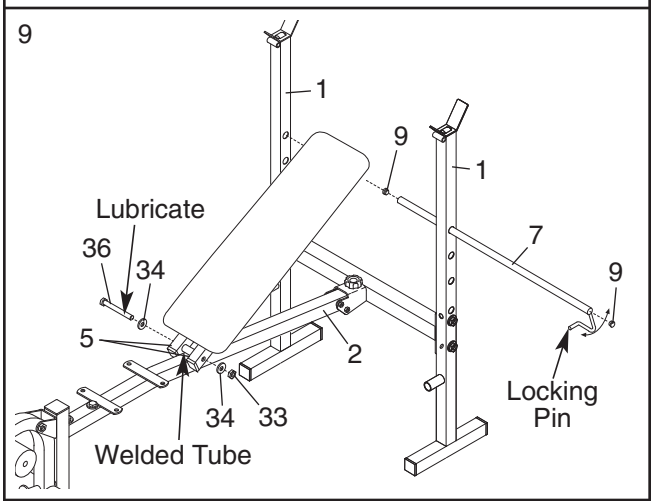
   Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (30) and two M6 Washers (26). **Do not tighten the Screws yet.**



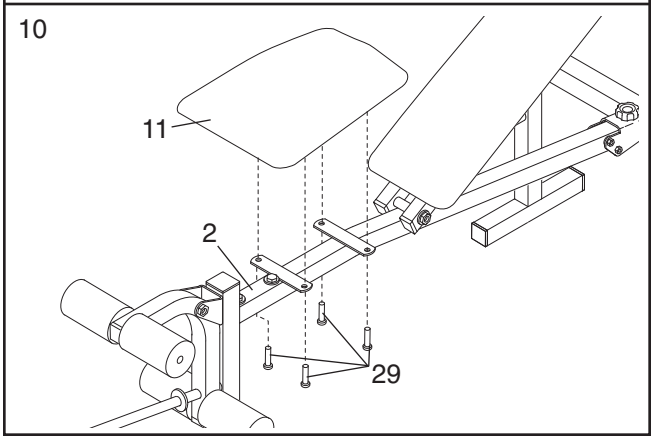
9. Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). Make sure that the locking pin is on the side shown. Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

   Lubricate the M10 x 137mm Bolt (36) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

   Tighten the M6 x 38mm Screws (30) used in step 8 and the M8 Nylon Locknuts (17) used in steps 1–3.



10. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29).



11. Orient the Left Fly Arm (25) so that the short side of the pivot tube is on the side shown.

    Tap a 30mm Square Inner Cap (22) into each end of the Left Fly Arm (25). Press a 25mm Round Inner Cap (24) into the end of the weight tube. Slide a Weight Stop (28) onto the weight tube.

    Assemble the Right Fly Arm (not shown) in the same manner.

12. Tap a Fly Arm Stop (15) onto the welded tube on each Upright (1).

    Press two Plastic Bushings (14) into the indicated holes in the left Upright (1). Attach the Left Fly Arm (25) to the Upright using an M10 x 130mm Bolt (19) and a Butterfly Knob (13). Make sure the Fly Arm is on the outside of the Fly Arm Stop (15). **Do not overtighten the Butterfly Knob; the Fly Arm must be able to pivot easily.**

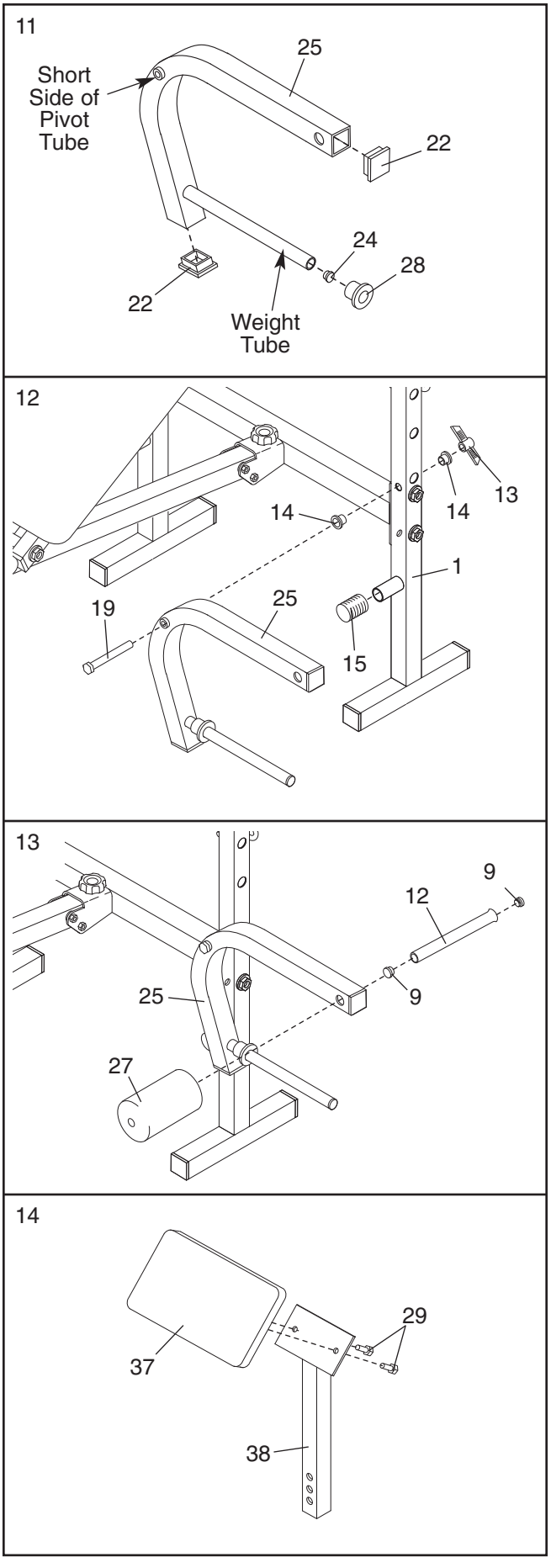
    Assemble the Right Fly Arm (not shown) to the right Upright (1) in the same manner.

13. Press two 19mm Round Inner Caps (9) into the ends of a Short Pad Tube (12). Slide the Short Pad Tube into the indicated hole in the Left Fly Arm (25) as shown.

    Push a Short Foam Pad (27) onto the Short Pad Tube (12) as far as it will go; the Foam Pad will hold the Pad Tube in place.

    Repeat this step for the Right Fly Arm (not shown).

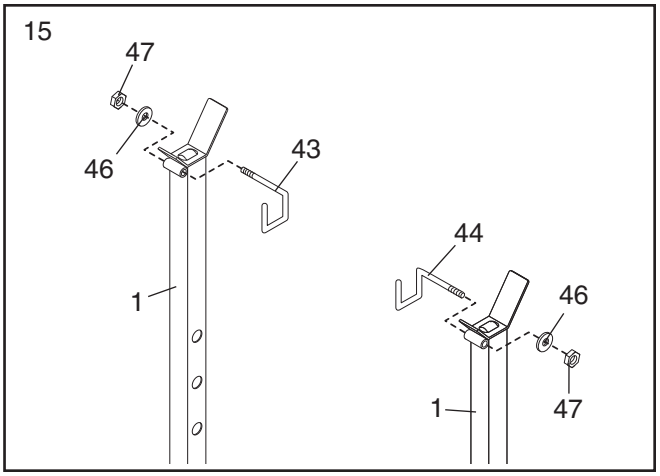
14. Attach the Curl Pad (37) to the Curl Post (38) with two M6 x 16mm Screws (29).



15. Attach the Right Barbell Hook (43) to the right Upright (1) with an M8 Zinc Washer (46) and an M8 Zinc Nylon Locknut (47).

    Attach the Left Barbell Hook (44) to the left Upright (1) with an M8 Zinc Washer (46) and an M8 Zinc Nylon Locknut (47).

16. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**



ADJUSTMENTS

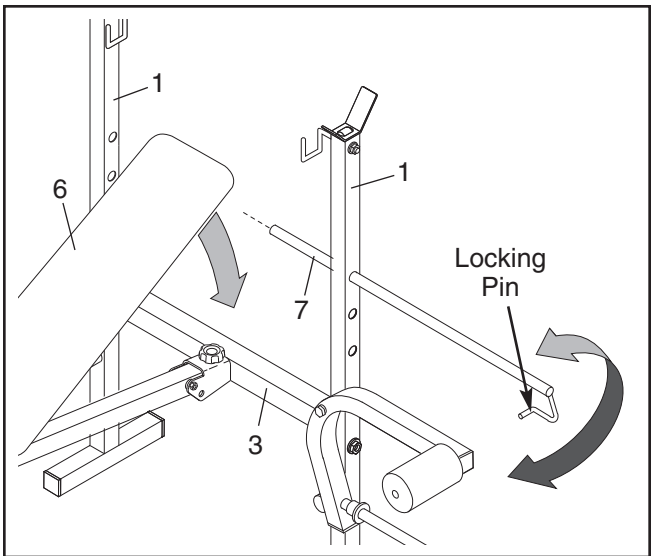
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

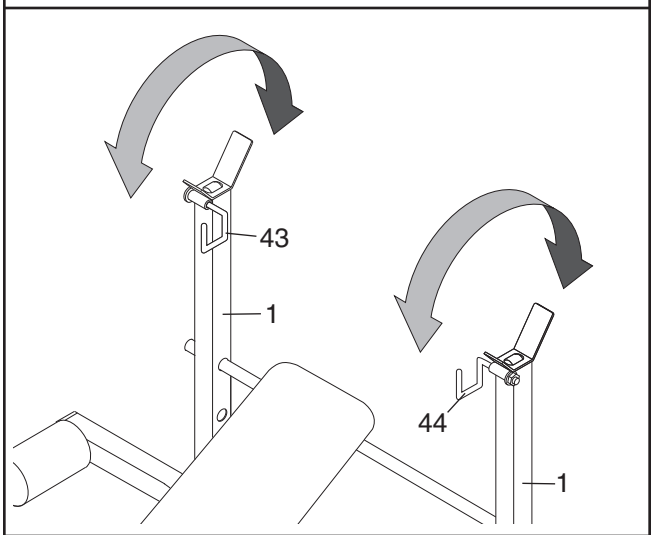
The Backrest (6) can be used in a declined position, a level position, or three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Rest the Backrest on the Support Rod.



USING THE BARBELL HOOKS

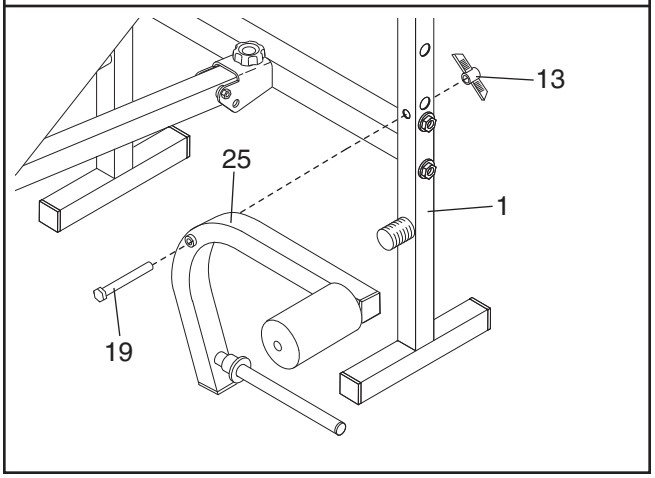
To change weights whilst your barbell (not included) is on the Uprights (1), secure the barbell by rotating the Barbell Hooks (40, 41) over the barbell. This will reduce the possibility of the barbell tipping whilst you are changing weights.



REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25, 49 [not shown]) are removed from the weight bench. To remove a Fly Arm, remove the Butterfly Knob (13) and the M10 x 130mm Bolt (19) from the Fly Arm and Upright (1). Place the Fly Arms in a safe place.

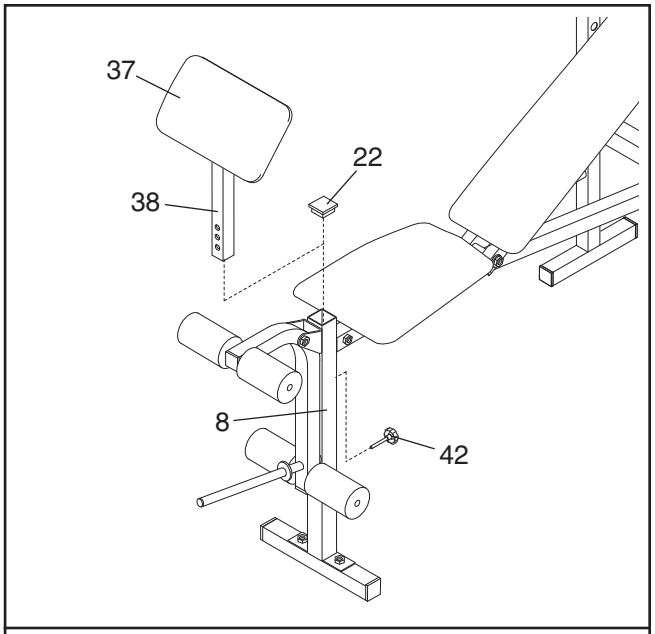
To re-attach a Fly Arm (25, 49 [not shown]), align the pivot tube in the Fly Arm with the hole in the Upright (1). Insert the M10 x 130mm Bolt (19) through the Fly Arm and the Upright. Tighten a Butterfly Knob (13) onto the Bolt.



ATTACHING THE CURL POST

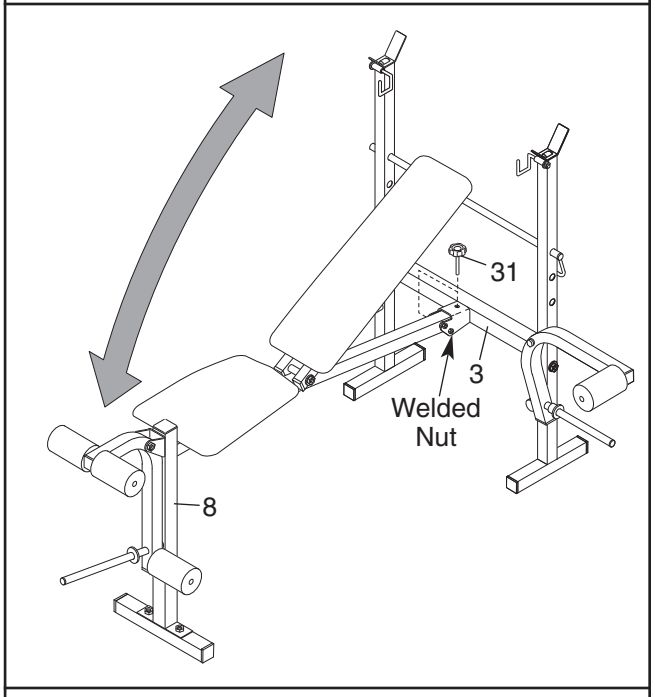
For some exercises, the Curl Post (38) must be attached to the weight bench. Remove the 30mm Square Inner Cap (22) and insert the Curl Post (38) into the Front Leg (8). Slide the Short Adjustment Knob (42) through the Front Leg and the Curl Post, and turn it clockwise until it is tight. **Make sure that you fully tighten the Adjustment Knob.**

Note: When the Curl Post (38) is not in use, store it away from the weight bench. Insert the 30mm Square Inner Cap (22) halfway into the top of the Front Leg (8).



STORING THE WEIGHT BENCH

To store your weight bench, remove the Long Adjustment Knob (31) from the bracket on the Crossbar (3). Lift the Front Leg (8) as far as it will go. Reinsert the Adjustment Knob into the lower set of holes in the bracket on the Crossbar, and tighten the Knob into the welded nut on the bracket. The Adjustment Knob will prevent the bench from unfolding.

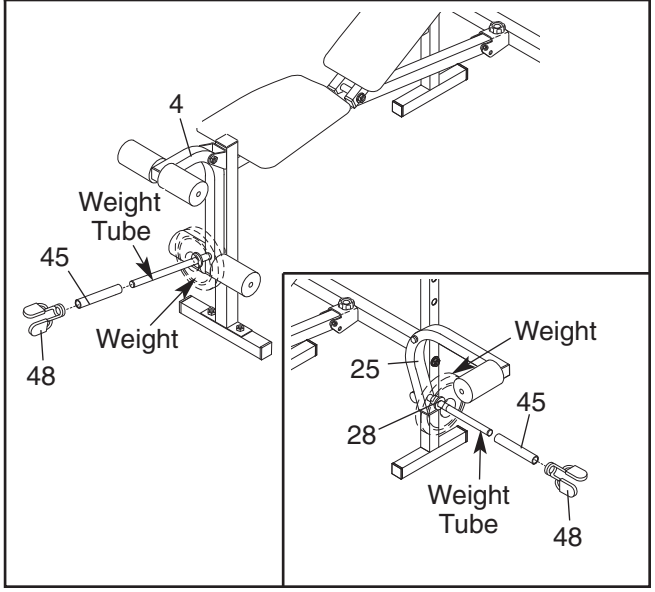


ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. Secure the weights with a Weight Clip (48). **Do not place more than 23 kg (50 lbs.) on the Leg Lever.**

See the inset drawing. To use the Fly Arms (25), make sure there is a Weight Stop (28) on each weight tube. Next, slide the desired amount of weight onto the weight tubes. Secure the weights with a Weight Clip (48). **Do not place more than 14 kg (30 lbs.) on each Fly Arm.**

To use some weights, Weight Adapters (45) will need to be slid onto the Fly Arms (25) or the weight tube on the Leg Lever (4).



⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.

ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

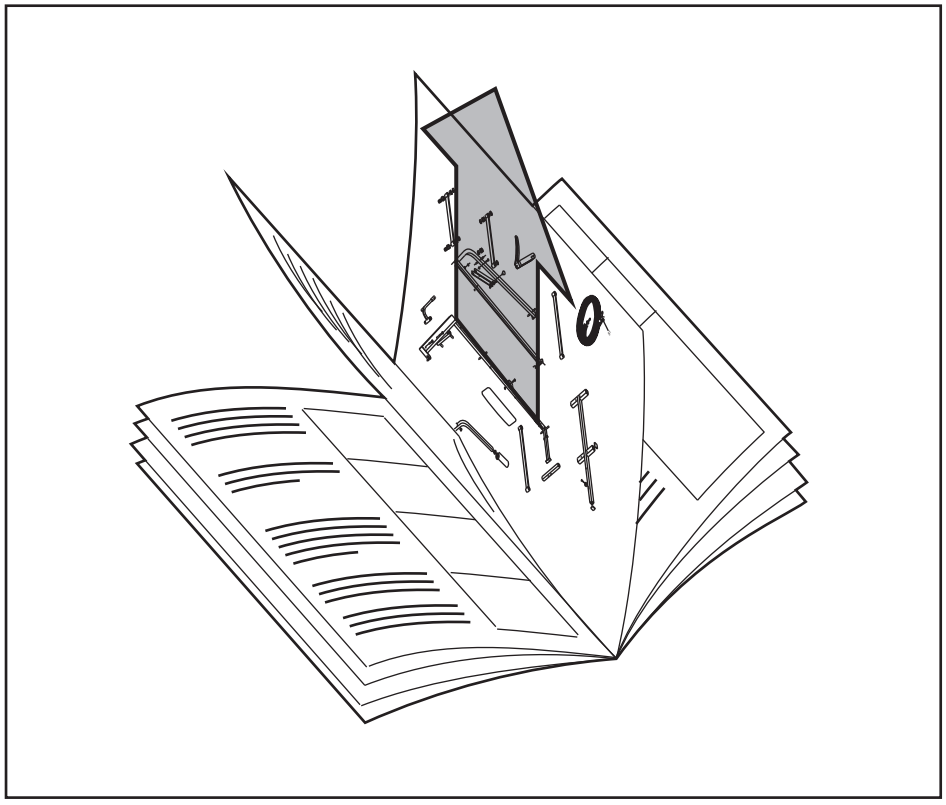
When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE37220)
- the NAME of the product (WEIDER® 234 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 200617 R0903A
Printed in China © 2003 ICON Health & Fitness, Inc.

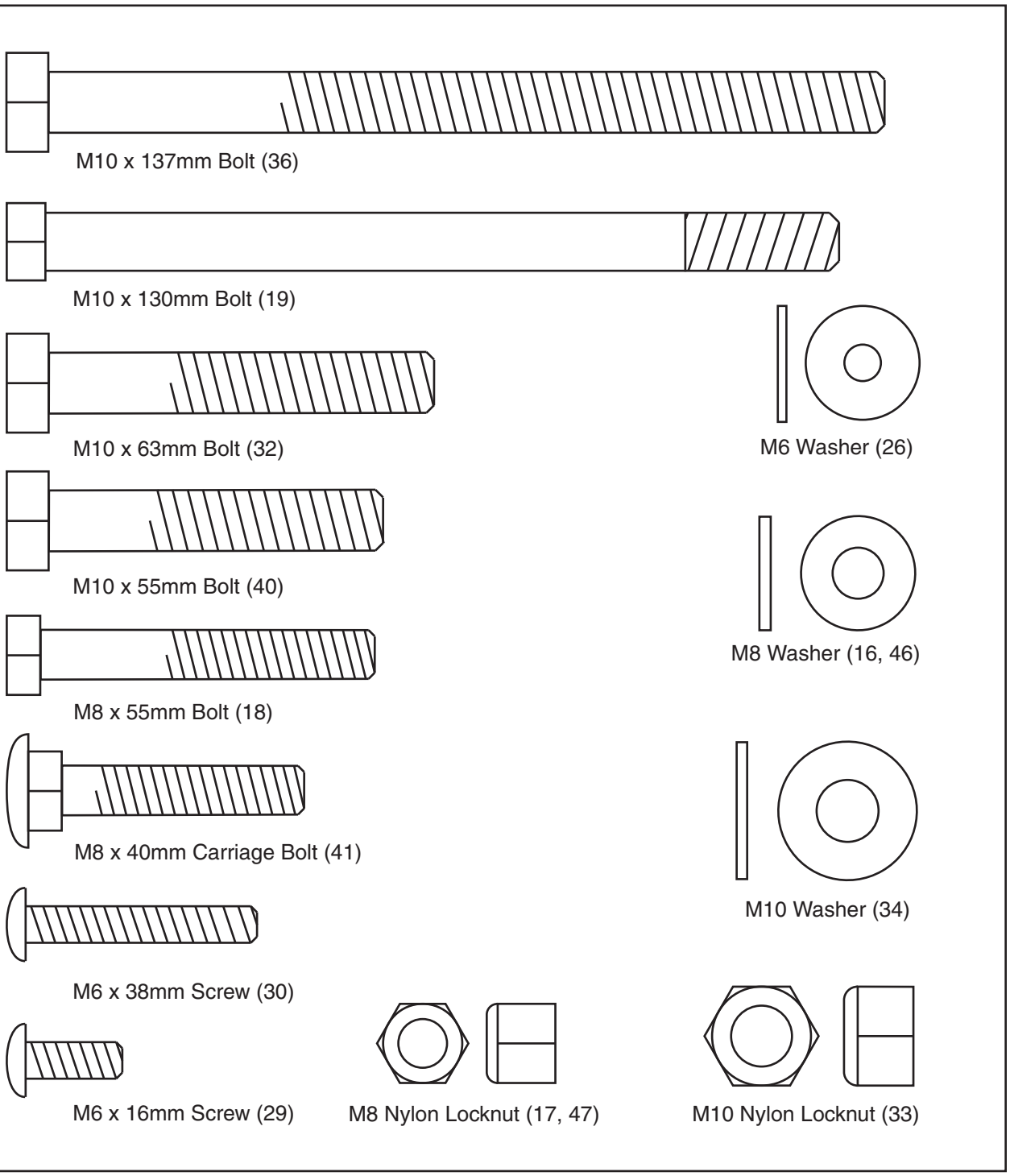
REMOVE THIS PART IDENTIFICATION CHART PART LIST/EXPLODED DRAWING

SAVE THIS PART IDENTIFICATION CHART PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the centre of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M10 x 137mm Bolt (36)
M10 x 130mm Bolt (19)
M10 x 63mm Bolt (32)
M6 Washer (26)
M10 x 55mm Bolt (40)
M8 Washer (16, 46)
M8 x 55mm Bolt (18)
M8 x 40mm Carriage Bolt (41)
M10 Washer (34)
M6 x 38mm Screw (30)
M6 x 16mm Screw (29)
M8 Nylon Locknut (17, 47)
M10 Nylon Locknut (33)

PART LIST—Model No. WEEVBE37220

R0903A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	27	2	Short Foam Pad
2	1	Frame	28	2	Weight Stop
3	1	Crossbar	29	6	M6 x 16mm Screw
4	1	Leg Lever	30	4	M6 x 38mm Screw
5	2	Backrest Tube	31	1	Long Adjustment Knob
6	1	Backrest	32	1	M10 x 63mm Bolt
7	1	Support Rod	33	3	M10 Nylon Locknut
8	1	Front Leg	34	2	M10 Washer
9	10	19mm Round Inner Cap	35	4	25mm Square Inner Cap
10	2	Long Pad Tube	36	1	M10 x 137mm Bolt
11	1	Seat	37	1	Curl Pad
12	2	Short Pad Tube	38	1	Curl Post
13	2	Butterfly Knob	39	1	Stabiliser
14	4	Plastic Bushing	40	1	M10 x 55mm Bolt
15	2	Fly Arm Stop	41	4	M8 x 40mm Carriage Bolt
16	6	M8 Washer	42	1	Short Adjustment Knob
17	8	M8 Nylon Locknut	43	1	Right Barbell Hook
18	4	M8 x 55mm Bolt	44	1	Left Barbell Hook
19	2	M10 x 130mm Bolt	45	3	Weight Adapter
20	1	25mm Round Angled Cap	46	2	M8 Zinc Washer
21	4	38mm Square Inner Cap	47	2	M8 Zinc Nylon Locknut
22	9	30mm Square Inner Cap	48	3	Weight Clip
23	4	Long Foam Pad	49	1	Right Fly Arm
24	3	25mm Round Inner Cap	#	1	User's Manual
25	1	Left Fly Arm	#	1	Exercise Guide
26	4	M6 Washer	#	1	Grease Packet

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVBE37220

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